

POSITIVE AIRWAY PRESSURE (PAP) CARE AND MANAGEMENT

Stephanie M. Stahl, M.D.

PAP Equipment Cleaning & Care: Below are general guidelines - you should always refer to your PAP manual/manufacturer for cleaning and replacement recommendations. Always unplug your device before cleaning.

Equipment Type	Cleaning Recommendations	Replacement Recommendations
Mask cushion	<u>Daily:</u> Remove mask cushion (if able) from the headgear. Clean with warm, soapy water. Rinse. Air dry.	At least every 6 months
Headgear	<u>Weekly:</u> hand wash with warm, soapy water. Rinse. Air dry.	Every 6 months
Tubing	<u>Daily:</u> Wash in warm, soapy water. Rinse. Air dry	At least every 6 months
Ultrafine, disposable (light blue) filter	(do not wash)	At least every month
Pollen (dark blue) filter	<u>Weekly:</u> wash with warm, soapy water. Rinse. Air dry.	Every 6 months
Water chamber for humidifier	<u>Daily:</u> Empty the humidifier. Air dry. Change the water in the humidifier. Use distilled or sterile water in the humidifier to avoid mineral deposit build-up. <u>Weekly:</u> Clean the humidifier chamber with warm, soapy distilled or sterile water. Rinse. Air dry.	Every 6 months
Chinstrap	<u>Weekly:</u> hand wash with warm, soapy water	Every 6 months

*Use only mild soap (e.g., mild dish soap) to clean your PAP supplies. Never use alcohol or cleaning solutions on your mask or tubes as doing so can damage them.

PAP Problems: Use your PAP manual that came with your machine for reference. Below are ways that may help to troubleshoot common PAP issues.

Problem	Possible solution
Claustrophobia	- Use PAP while you are awake and distracted, such as while watching TV, so that you can become more comfortable with it with the goal to use it every time asleep.
Rainout/excess water in tubing and/or mask	- Lower PAP machine to a level below the head - Decrease PAP humidity/heat level number - Insulate tubing (can wrap outside of tube with an ace bandage, tube sock, or something similar)
Pressure feels too high	- Use ramp function if set up
Dry mouth	- Increase PAP humidity/heat level number - Consider a room humidifier - Consider use of over-the-counter dry mouth spray/mouthwash - Treat nasal congestion if present (see below)
Nasal congestion	- Adjust PAP humidity - If mild, can try over-the-counter nasal saline spray or nasal saline rinse (AVOID Afrin/oxymetazoline nasal spray) - If more severe, contact your doctor for further management
Sore, red, and/or dry eyes	- Try readjusting your mask
Redness/irritation on face from mask	- Ensure mask is fitting properly. Avoid overtightening. - Avoid moisturizers/creams/etc. on face where mask sits - Ensure cleaning mask properly, use only mild soap and water

***If you need new PAP supplies or have any questions/concerns before your next PAP/Sleep Medicine clinic visit, send a message through My HealtheVet at www.myhealth.va.gov (preferred method) or contact the Sleep Medicine/PAP Clinic (317-988-3432) for assistance.**

VAMC-INDIANAPOLIS SLEEP MEDICINE PROGRAM
PHONE: 317-988-3432 FAX: 317-988-3433

